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Off The Record

United States Bankruptcy Court

District of South Carolina—Clerk of Court, Brenda K. Argoe

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Off The Record, the court's newsletter, will be published every other month starting with the August/September 2001 issue. The publishing department welcomes any submission of items to be included in the newsletter. Items will be published at the discretion of Brenda K. Argoe, Editor in Chief. Please submit items to the newsletter staff, Charlie or Frank, by the 25th of each month.

The staff of OFF THE RECORD would like to thank this month's contributors Leila, Robin, Lisa H. and Wanda.

Personnel Matters

From Director Mecham's Office:





Future Objectives

- **Proposed Benefits Legislation.** Currently, any supplemental benefit option the judiciary implements must be on an "employee-pay-all" basis. In March 1998, the Judicial Conference passed a resolution to "seek legislation to provide the Director of the Administrative Office the discretion to establish a program of supplemental benefits for judicial officers and employees in order to continue to attract and retain a competent workforce." Legislative language consistent with the Judicial Conference's proposal has been drafted and is included in this year's version of the Federal Courts Improvement Bill, which was transmitted to Congress on May 10, 2001. If such legislation were enacted, the AO would have the authority to expand the supplemental benefits program by using judiciary funds to reimburse judiciary employees for some of the costs.
- **Analysis of Dental Benefits and Other Supplemental Benefits.** If we are successful in our legislative effort, the first supplemental benefits program we would offer would be dental coverage. The Administrative Office has hired a consultant to study supplemental dental benefits plans offered in the private sector and by federal agencies who have been granted authority to offer enhanced benefits, and to develop a proposed design for a supplemental dental benefits program for the judiciary.
- **Other Future Benefit Options.** We are also examining the possibility of offering other supplemental benefit programs. Among the other benefits that could be offered:
 - vision benefits
 - prescription drug coverage
 - short-term or long-term disability benefits
 - mental health insurance
 - leave conversion (allows the conversion of accumulated leave into cash to pay for life insurance or health benefits)






As you can see, we have been very successful in expanding the judiciary's supplemental benefits program. We remain committed to improving the supplemental benefits available to judges & judiciary employees and look forward to delivering additional benefits in the future.

August 2001

- **August 4** - Ms. Argoe
Birthday, Karen Do.
Birthday
- **August 8** - Tony L.
Birthday
- **August 13** - Cindy H.
Birthday
- **August 22** - Linda O.
Birthday
- **August 31** - No pre-
tax commuter \$ de-
ducted this pay period

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	 4
5	6	7	 8	9	10	11
12	 13	14	15	16	17	18
19	20	21	 22	23	24	25
26	27	28	29	30	31	

September 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2		3	4	5	6	7
8			 12	13	14	15
16	 17	 18	19	20	21	22
23	 24	25	26	27	28	 29
30						

- **Sept. 3** - Labor Day
- **Sept 12** - Lisa M.
Birthday
- **Sept. 14** - Awards
Ceremony
- **Sept. 17** - Rhonda S.
Birthday
- **Sept. 18** - Agnes B.
Birthday
- **Sept. 24** - Novetta H.
Birthday
- **Sept. 29** - Harvin B.
Birthday

Brag, Boast and Broadcast

WALK for LIFE - Robin Blume

The U.S. Bankruptcy Court team will participate in the Walk For Life, Steps Against Breast Cancer again this year on Saturday, October 6, 2001 at 9:00 a.m. The walk will be shorter this year (only 3 miles) and will begin at Finlay Park. We must turn in our team registration on August 17th. Wanda Williams and I are co-captains this year. Please let me know if you are interested in joining the team. The registration fee is \$20.00 which covers the cost of your team tee shirt with our team's logo. Please remember that you do not have to actually walk with us on October 6th to be a member of the team. You may register for the team and receive your tee shirt even though you are unable to walk on that day. Your donation will be appreciated and put to good use!

Employee of the Quarter

Peppa Caskey is our Employee of the Quarter for the second quarter of 2001. Peppa was recognized in the nomination for her efforts in drafting new procedures, submitting feedback and finalizing procedures for the case administration team; for her ability to think "outside the Box" and develop innovative methods to accomplish the work as well as to analyze new processes; and for her efforts in incorporating quality control/assurance measures into the work processes. The following quote is from the nomination: "Many of us know the best way to achieve a hard-to-reach goal is to infer to Peppa that it can't be done -- IT WILL BE!"



Has been employed at the BK court for 12 years. She is married to Phillip and has one daughter, Katie who is 4; and two stepsons—Justin, 19 and Brett, 17. Both Phillip and Peppa are originally from Lancaster SC and have lived in Lugoff for 12 years.

Katie will be attending PK at Hammond School in August; Brett is a senior at Lugoff Elgin High School and Justin graduated this year from Lugoff Elgin and is planning to attend Midlands Tech.

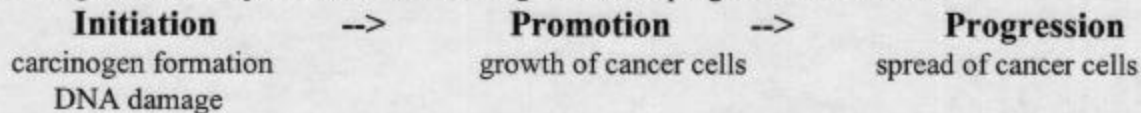
I enjoy singing with the Camden Women's Chorale (when children permit) and also enjoy reading and going to the movies (also when children permit).

Fighting Cancer with Food and Nutrition

by Donna L. Weghofen, R.D., M.S.

Senior Nutritionist, University of Wisconsin Comprehensive Cancer Center

Cancer occurs as a result of a combination of genetic and environmental factors. There are several stages in the development of cancer. First there must be a genetic predisposition to cancer. Cancer may develop if there is exposure to a carcinogen. This can result in damage to DNA, the growth of abnormal cells, multiplication of cells into a lesion, growth of the tumor, and spread to other parts of the body. It is probable that dietary factors can inhibit the development of cancer at any step of the cancer process. The diet may affect the metabolism of carcinogens, DNA repair mechanisms, cell growth, and programmed cell death.



Although definitive answers are lacking, findings from many different kinds of studies provide evidence that there are causal relationships between what we eat and the development of approximately 30% of all cancers.

What should we eat or not eat? The advice can be summarized using the acronym:

C A N C E R F O O D F I G H T

C Concentrate on a plant based diet. Plants include grains, legumes, nuts, seeds, fruits and vegetables.

A Avoid alcohol in large amounts.

- Heavy drinking increases breast cancer risk. Alcohol reduces the absorption of folic acid. When folic acid levels fall, colon cancer risk increases. Light drinking may not increase risk.
- Red wine contains resveratrol, an antioxidant that may decrease cancer cell growth and induce cancer cell death.

N No Smoking.

- Smoking significantly increases risk of developing mouth, head, and neck cancers.
- Smoking increases the quantity of carcinogens in the urine which increases risk of bladder cancer.

C Carefully prepare and store foods.

- Some molds produce aflatoxins which are extremely potent carcinogens.

E Exercise.

- Regular exercise decreases risk of colon, lung, and breast cancer.

R Read and review new and alternative therapies.

- Soy beans contain phytochemicals such as genestein and diadzein. One study showed the protective effect of soy was at least 4 times as large as that of any other dietary factor.
- Flaxseed contains: lignin (phytoestrogen), high fiber, high omega-3 fatty acids. In animals, flaxseed decreases mammary tumors.

F Fruits and vegetables are # 1!

- Consistent findings from studies demonstrate that diets rich in fruits and vegetables are associated with a decreased risk of most cancers, especially mouth, esophagus, stomach, pancreas, lung, cervix, rectum, colon.
- Increase intake of cruciferous vegetables, asparagus, peppers, tomatoes, tomato products, red peppers, watermelon, pink grapefruit, spinach and other dark green, broccoli, carrots, oranges and garlic.

O Okay for some supplements.

- Vitamin C - Prevents formation of nitrosamines from nitrites.

- Vitamin A- Maintains healthy mucous membranes. Can be toxic in large amounts.
- Folate - Folic acid may be chemopreventive against colon cancer and gastric cancer.
- Beta carotene - Protects cells from oxidative damage. May stop cancer at its earliest stages.
- Selenium - An essential component of some antioxidants and enzymes. May help decrease risk of lung, colon, and prostate cancer. It can be toxic. 200 micrograms is a maximum safe limit.
- Calcium - Persons taking calcium supplements had fewer colon polyps. Calcium intake decreases colon cancer risk.

O Okay, for some herbs.

- Some common herbs popular among persons with cancer include astragalus, cat's claw, echinacea, milk thistle, saw palmetto. Other popular herbs: St. John's wort, kava kava, black cohosh, ginseng, ginkgo.

D Drink plenty of fluids.

- Quantity of fluid consumed is related to incidence of certain cancers. The theory is that the bladder lining suffers less exposure to cancer causing substances in urine when urine is diluted and urination is frequent.
- Recent research suggests that polyphenolic compounds in green tea reduce cancer risk. Herbal teas, such as chamomile, are not real tea. Real tea contains polyphenols - catechins with strong antioxidant activity.

F Fight Fats.

- High fat diets may increase risk of colon cancer. It increases bile acid production which irritates the colon.
- Omega-3 fats are essential nutrients for all mammals since mammals cannot manufacture them. Common food sources are flaxseed oil and certain fish or purified fish oils. Omega-3 fats may reduce tumor growth by interfering with ongiogenesis.
- Data from an Italian study showed that those who ate fish 1 time per week had 20-30% less risk of cancers of mouth, esophagus, stomach, pancreas, colon, and rectum than those who ate less fish.
- Study of Greek women found that those who ate olive oil more than 1 time per day had 25% lower risk of breast cancer than women who ate olive oil less than 1 time per day.
- Data from 59 countries (Univ. Mass. study) related the following to prostate cancer:
 - Diets high in fat, calories, and animal products were associated with prostate cancer.
 - Diets high in grains, soybeans, nuts, cruciferous veg. and fish have a protective effect.

I Increase fiber.

- Foods high in fiber decrease risk of colon cancer but it may be due to other phytochemicals in those foods.
- Wheat fiber in diet lowers levels of estrogen which may decrease breast cancer risk
- Whole grain breakfast cereals are among the very best sources of fiber.

G Go for Grains.

- Whole grain cereals contain a wide range of common and unique antioxidants. A majority of the fiber, B-vitamins, total minerals, phytoestrogens, phereolic acids, *and* phytate are found in the bran.

H Healthy weight is our goal.

- National Cancer Institute study found that heavier women in their 40s and 50s have double the risk of getting breast cancer compared to leaner women.
- Obesity increases risk of colon cancer. Exercise may help prevent colon cancer by stimulating movement of food through the colon.

T Tempt your Taste buds.

- Spices and herbs make other disease preventing foods taste great.

Note: The information in this outline have been reported in professional journals or at professional conferences within the last few years. They are reports of current research but there may be conflicting data between studies and there *are* innumerable questions to answer.

Miscellaneous

The following article was distributed on the Internet by CBS.MarketWatch.com:

IRS sets schedule for tax refunds

By CBS.MarketWatch.com

Last Update: 4:42 PM ET June 7, 2001

WASHINGTON (CBS.MW) - The \$300 tax refunds mandated by the Tax Relief Act of 2001 will come soonest to those whose Social Security numbers end in low digits, the Internal Revenue Service said Thursday.

The refunds, made official when President Bush signed the law Thursday morning, will be distributed based on the last two digits of the Social Security Number. For couples filing jointly, the first number on the return is used.

The checks will show up automatically, the agency says, without taxpayers having to request them or submit additional forms.

Checks are expected to be mailed as follows:

- SSN ends in 00-09: Week of July 23
- SSN ends in 10-19: Week of July 30
- SSN ends in 20-29: Week of Aug. 6
- SSN ends in 30-39: Week of Aug. 13
- SSN ends in 40-49: Week of Aug. 20
- SSN ends in 50-59: Week of Aug. 27
- SSN ends in 60-69: Week of Sept. 3
- SSN ends in 70-79: Week of Sept. 10
- SSN ends in 80-89: Week of Sept. 17
- SSN ends in 90-99: Week of Sept. 24

Quotes

A healthy attitude is contagious, but don't wait to catch it from others. Be a carrier!

-Source Unknown

The successful person does things that most anyone can and does do. The difference is, the successful person does it consistently.

-Michael Angier

Miscellaneous

Good Things To Know

- Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.
- Use air-freshener to clean mirrors. It does a good job and better still, leaves a lovely smell to the shine.
- When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, scotch tape removes the splinters painlessly and easily.
- Now look what you can do with ALKA Seltzer.
 - Clean a toilet. Drop in two Alka-Seltzer tablets, wait twenty minutes, brush, and flush. The citric acid and effervescent action clean vitreous China.
 - Clean a vase. To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka-Seltzer tablets.
 - Polish jewelry. Drop two Alka-Seltzer tablets into a glass of water and immerse the jewelry for two minutes.
 - Clean a thermos bottle. Fill the bottle with water, drop in four Alka-Seltzer tablets, and let soak for an hour (or longer, if necessary).
 - Unclog a drain. Clear the sink drain by dropping three Alka-Seltzer tablet down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, then run the hot water.
 - Makes you wonder what is in those things!
- Do your friends a favor. Pass this information on.....

Pat on the Backs

June

Agnes Babb	Leila Balliet
Connie Brooks(2)	Katrina Canady
Debi Green	Novetta Henton
Raye Jefferson	Dawn Roland
Charlie Spangler	Karen Weathers

July

Frank Baker	Leila Balliet
Karen Douglass	Tony Lacey
Barbara Miller	Betina Mobley
Kelley Morgan	Rhonda Smith
Mary Frances Williams	